

Salsa Chicken

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Cooking time (minutes):

3 Microwave

5 or Wok

Yield:	cups	16	12	11	5
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Chicken Breasts	can	cups	4	3	2	1
Vegatables, frozen	diced	cups	4	3	2	1
Soup, Mushroom	can	cups	3	2 1/4	1 1/2	3/4
Vegatables, frozen	diced	cups	4	3	2	1
Salsa, chunky		cups	3	2 1/4	1 1/2	3/4
Potatoes, frig	cut 1/2's	cups	2	1 1/2	1	1/2
Onion, sliced		cups	2	1 1/2	1	1/2

3 Add to bowl

Microwave until heated - about 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

OR

5 Add ingredients to wok

Cook until heated - about 5 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months